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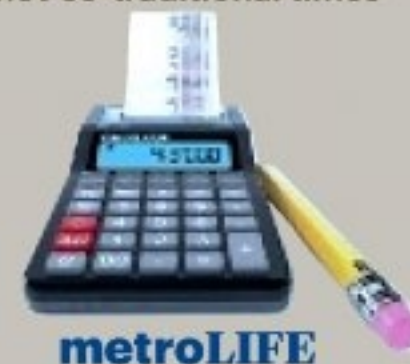

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FLYING ON fumes

A season-long handicap rears its ugly head once again, **metroNEWS**

Flames forward and former Jet Michael Frolik, whose special team impact is sorely missed by his old club, scores on the Jets' Connor Hellebuyck Saturday night en route to a 3-0 Flames win. JOHN WOODS/THE CANADIAN PRESS

Kelvin clipped

SCHOOLS

New fitness facilities promised by NDP cut from Tories' plans



Braeden Jones
Metro | Winnipeg

By the province's own standards, Kelvin High School's gym is too small for its student population, but the current government isn't planning to fix that.

When Education Minister Ian Wishart announced funding for 72 education-related infrastructure projects Friday, many community members noticed Kelvin's planned \$6.7-million, 17,000-square-foot fitness facility already in the works as a glaring omission.

The former NDP government had promised the addition to the school, which, as one of the largest in Winnipeg, has long-since outgrown its existing 6,858 square-feet of gym-space.

"According to the public school finance board's own stipulation for gym space, (Kelvin) is well under what's needed.... It's inadequate for 500 students, let alone 1,397," said Winnipeg School Division chairperson Sherri Rollins. "We certainly thought we had a plan (to address that)."

She said the announcement came as a major disappointment not just for Kelvin students, many of whom are forced to meet their phys-ed requirements away from school for lack of space, but also for the community members who had fundraised \$1.2 million for the project as part of the NDP-endorsed deal.

"There's lots of skin in the game for them," she said. "The community has been really active on this project."

Despite previous provincial, community, municipal and federal support for the plan to add new gym space and an enhanced active living centre at Kelvin, Wishart favoured "necessary upgrades and repairs to existing facilities," according to a prepared statement.

The announcement noted the plan for Kelvin's new gym will not be receiving funding despite treasury board involvement and planning already being completed, which Rollins found "surprising."

"There was preliminary design work done, there were blueprints ... countless hours of work on this," Rollins said.

She explained she's taking a page from the Kelvin Clippers' playbook to respond to the setback; "we're going to dust ourselves off and refocus," she said, adding the WSD board will continue fighting for the project.

"We're looking at the next game, we may have been met with a setback ... but we are 100 per cent sure we need that gym."

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TRANSPORTATION

Peg City Car Co-op snags opportunities



Braeden Jones
Metro | Winnipeg

For all the talk at city hall about infill and parking requirements, car-sharing is seldom brought up as a solution to common problems.

It's a relatively recent development in the transportation sector, but the local pioneers of the mode, Peg City Car Co-Op, is gearing up to help more developers take advantage of, well, all the advantages they offer.

"Car-sharing is part of designing a fuller transportation ecosystem," said operations manager Philip Mikulec. "We're here to fill in the gaps."

One way to fill in the gaps is "reducing parking requirements."

Fresh off a Spirit of Winnipeg technology award win Friday night, Mikulec said Peg City is focused on "building relationships" in that vein to grow in 2017.

"We're really excited about one new partnership feeding into the bigger picture of development ... with the Old Grace Housing Co-operative," Mikulec said.

"We've entered into an agreement with them to help them with parking require-

ments."

By various calculations, Mikulec believes one car-share vehicle has the potential to reduce parking needs by as many as 13 spaces.

"That's a method developers can take to the city," he said, noting Peg City has been in "preliminary" talks with a few developers in various planning stages, "talking about variances" that could help them circumvent minimum parking stall counts.

"Developers in the core are listening and interested, so we want to get that out there even more.... (Car-sharing) can also help with infill development, increasing density. It helps developers get projects off the ground and actualized," Mikulec said.

At the end of 2016, Peg City had 22 cars around Winnipeg. The company is up to 24

now, "trying to bring that up to 30 as soon as possible."



Developers in the core are listening and interested.

Philip Mikulec

One of their new cars, a fully electric Nissan Leaf, comes by way of an agreement with the University of Winnipeg community renewal corporation.

"With that we're actually bringing a level-3 charging station.... That's a big deal for us, seeing if we can move toward electric cars and building partnerships," Mikulec said.



Peg City says one car-share vehicle can reduce parking needs for new developments by as many as 13 spaces. CONTRIBUTED



A rendering of what Fools and Horses' new location at The Forks will look like. CONTRIBUTED

The Forks fosters local businesses

FOOD AND DRINK

Fools and Horses latest to set up after \$2.5M reno



Meg Crane
For Metro | Winnipeg

Reinvigorated since last year's major renovation, The Forks' Food Hall has been attracting locally owned businesses looking to expand within the city, including one of Winnipeg's freshest coffee shops, Fools and Horses.

Lauren Kroeker-Lee said she and the four other Fools and Horses owners reached out to The Forks just to inquire about how leasing space would work.



They're wanting to tap into what's already existing in Winnipeg and support it.

Lauren Kroeker-Lee

At the same time, they looked at several other locations, not expecting to actually jump into planning an expansion right away.

"It just happened to be quite good timing with the renewal, the focus that they're putting on rejuvenating the market," Kroeker-Lee said, referring to the \$2.5-million renovations completed last year.

According to her, everyone they've worked with from The Forks has been excited by the prospect of the popular Broadway coffee joint joining the market.

"Every phase of the way, it's been really apparent that

they're really wanting to put the focus on local. They're wanting to tap into what's already existing in Winnipeg and support it, rather than bringing in a chain that's based outside of Winnipeg," Kroeker-Lee explained.

The Forks has released a rendering of what the Fools and Horses kiosk, designed by Number TEN Architectural Group, will look like. Its clean lines with beneath-the-counter machines matches the aesthetic of the Fools and Horses Broadway location.

"It's part of the hub of the terminal, which has been really cool to see," Kroeker-Lee said.

+ UPGRADES

The area is now licensed, with The Common serving more than 20 craft beers and 20 wines.

Renovations are still underway as businesses fill vacant kiosks.

Construction has just started, so Kroeker-Lee doesn't expect they'll be ready to pour coffee for patrons until early summer.

Nuburger has been serving food at The Forks since late 2016, joining other local businesses that are maintaining kiosks in the Food Hall, such as Skinner's and Tall Grass Prairie Bread Company.



Vincent Massey Collegiate students Tryvena Hanna, Megan Poulter and Shloke Srivastava took Winnipeg Harvest's Poverty Pledge challenge this year to live off \$3.96 per day for one week. JESSICA BOTELHO-URBANSKI/FOR METRO

'We want to make a change'

RAISING AWARENESS

Poverty Pledge participants scrape by on \$3.96 per day



Jessica Botelho-Urbanski
For Metro|Winnipeg

Grade 12 student Megan Poulter didn't eat lunch once last week. So after five days of classes, including yoga, she felt her energy waning.

"During the day, that's all I would think about. When I get home, I can eat again!" she said in an interview. "And then after I had dinner, I'd be like, 'OK, tomorrow morning, I can eat again.'"

From March 6 to 10, Poulter agreed to spend \$3.96 per day

on food and toiletries. That puny amount is how much money a welfare recipient in Manitoba receives for their food and basic necessities allowance.

Poulter succeeded in the five-day challenge, but not without lots of strategizing.

Winnipeg Harvest's 25th annual Poverty Pledge saw a dozen Vincent Massey Collegiate students, some of their parents and other community members raise awareness about the shortcomings of social assistance.

"I feel like this whole challenge is manageable for one week for someone like us. But I think at the same time, it's an exposure to the problems that people have long term," said Shloke Srivastava, a Grade 11 student at Vincent Massey.

Srivastava said he relied on simple sandwiches, Cheerios and a carton of eggs to get him

through the week.

Poulter opted for Cinnamon Toast Crunch, pasta, two cans of vegetables and one can of soup.

"We already were struggling with, 'what are we going to buy? How are we going to do it? How are we going to spread everything out?' And imagine if you had that stress for weeks and weeks on end? And then that turns into months, and that turns into years?" Srivastava said.

Despite inflation costs, the food and basic necessities allowances haven't changed



It's an exposure to the problems that people have long term.

Megan Poulter

in Manitoba since the '80s, said Rebecca Trudeau, youth programs co-ordinator with Harvest.

Listening to the teens' tricky meal planning reminded her of the 17 years she spent growing up hungry, she said.

"Without the food bank, we wouldn't have been able to survive, I don't think. And even when we did use the food bank, a lot of the time the lunches I brought to school were sandwiches or a bag of Cheerios. A lot of carbs," Trudeau said.

"And then seeing other kids with six (food items) all ac-

cording to the Canadian Food Guide... I was very jealous of everybody else."

During the Poverty Pledge, Trudeau said she fielded a couple of angry calls from Winnipeggers convinced \$3.96 per day was too much to spend on the pledge.

"I feel like people, if you're not on welfare or social assistance, you kind of assume that it covers everything or it covers enough. But really it doesn't and it's so obvious when you do this challenge," Poulter said.

Experiential learning, in this case, helped the students understand the wallet pinch.

"We see this is why we help people, this is why we want to make a change. This is what we want to try to fix in our society," Srivastava said.

"It's not just a third-world problem. It happens in developed countries like Canada, too."

TRANSIT SAFETY

Union takes threats seriously



Braeden Jones
Metro|Winnipeg

Ever since one of their own was killed on the job in February, Winnipeg Transit operators have — understandably — taken physical and verbal threats more seriously, according to their union.

Amalgamated Transit Union local 1505 President John Callahan said there were three serious threats made against operators on Friday night alone.

"Two were verbal threats, 'I'm going to kill you,' and the other was a sign, the guy did a throat slashing motion, just ran his finger across his throat," Callahan said.

He explained that it's hard to say if verbal and physical threats are increasing in the wake of one driver being fatally stabbed, or if drivers are more likely to report them now "because we've had a fatality."

"I think it's a combination," he said. "Threats have always been there... but the threat is real now."

The local ATU has been recording reports and complaints of verbal and physical violence after Callahan learned some reports made to Winnipeg Transit don't make it back to the union.

City council has asked for a report on transit safety protocols.

Since the fatal stabbing Feb. 14, Callahan has asked for routes to terminate in crowded areas with extra staff support, dedicated transit police, and increased education for riders. Transit employees rallied outside city hall to ask for the same things.

Meanwhile, Callahan says "more and more" stressed drivers are looking to cash out their pensions to retire.

"A lot of operators have had enough — it's not worth losing your life over because of (the city's) inaction," he said.

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Blame given to special teams

OPINION

Weak penalty kill, powerplay combine to put Jets in a hole

JONES ON JETS

Braeden Jones



Despite having been on the rise for a while, the Jets are in a tailspin once again with little time to pull up and avoid a crash-and-burn outcome.

Somewhere in the middle of February the youthful team found its identity, players said, and strung together its best streak of the season by getting points in eight consecutive games.

That's how it's done — that's how a team sitting just on the outside of the playoffs chasing teams with games in hand can catch up.

But then, somewhat suddenly, it all went sideways last week. The Jets were handed loss after loss in visits from the defending Western Conference champions, the San Jose Sharks, then the defending Stanley Cup Champions, the Pittsburgh Penguins, then the red-hot Calgary Flames, who came into Winnipeg riding an eight-game win streak.

The loss to the Sharks was hard-fought, a 3-2 near-miss in a game where the players still felt they did the little things well, they "played hard," and were just three points behind

the second wild card spot.

Things changed when Pittsburgh came to town, and the Jets lost the identity that had them within arm's reach of the post season. After two scraps in the first period heated things up, the Jets' game boiled over, became undisciplined, and they paid the price as Pittsburgh netted three power play goals in the second frame. It ended 7-4.

"I think we stopped playing the way we should be playing," Jets winger Nikolaj Ehlers admitted after the game.

The Calgary game was more of the same as both the players and fans seemed to be reeling from the implications of two straight losses on playoff hopes. Coach Paul Maurice said it looked like his players were carrying their disappointment around the ice.

Jets penalty killers were exploited twice more en route to a 3-0 loss during which even its offensive weapons, at times the only bright spot this season, were handily suppressed.

Now the Jets are nine points away from the wildcard spot they've been chasing.

But with the ground rushing up to meet them, one major problem that's plagued the team all season long is finally obvious to everyone and diagnosed by the coach and players alike: special teams.

"Our penalty killing is clearly a problem for us," Maurice said. At third-last and a 76.6 per cent success rate, that much is clear.

Veteran forward Bryan Little echoed that assessment, saying

"it's definitely been a part of the last couple of games."

Captain Blake Wheeler expressed frustration, telling reporters "playing from behind all the time" makes the game difficult.

Little, for his part, offered a hopeful goal for the PK unit after Maurice had them running technical drills Sunday morning.

"We're going to try and be a bit more aggressive," he said. "I think once we let other teams get set up it kind of gets easy for them and they move the puck around on us... so we're going to try and disrupt that as much as we can."

Star rookie Patrik Laine said he intends to focus on his powerplay unit's efforts, explaining the best teams are strong on the powerplay, whereas the Jets haven't scored. It has gone zero-for-eight in the last two games, and he's hoping it can "be better" with the time it has left.

Now in Nashville, Maurice said the team is focused on the special teams, specifically the penalty kill, using "different people," and getting a "change of structure" on the PK unit.

It's something — but with only 13 games left to collect points in, it could be a case of too-little-too-late.



We're going to try and be a bit more aggressive.

Bryan Little



The Winnipeg Jets' Jacob Trouba is escorted off the ice after a fight during the second period Saturday. He and his teammates have shown the wrong kind of grit while losing three straight and falling further out of the playoff picture. THE CANADIAN PRESS

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ASYLUM SEEKERS

Agreement 'puts Canada as a state in jeopardy'



Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada's continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration's immigration policies.

"This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately," said Kim Veller, a student at York's Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized

in the wake of White House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

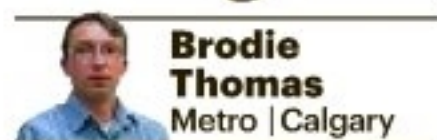
Trump's ban has forced hundreds of refugee claimants to use unauthorized border crossing techniques to sneak into Canada. It's an unsafe and dangerous route that has left some of them with frostbites, but remains the only way to avoid being subjected to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back on Canadian borders could face detention, deportation or lack of access to legal representation in the United States. By continuing to be part of the agreement, Canada "is breaching" both its own Charter of Rights and the International Refugee Convention, the report says.

"I don't think we have a government that even cares about refugees," said Veller, noting scrapping the agreement would be the easiest way to show the support.

SURVEY

Alberta wants daylight savings all year round



Brodie Thomas
Metro | Calgary

It's official. The sun is setting on spring and fall time changes for Albertans.

The Alberta NDP surveyed nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year.

While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Albertans still want the later evenings that come with DST.

Edmonton-South West MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks.

He said the bill will call for staying on what we now call DST year-round.

"I would hope that this would be the last (time change), or there might be one more after that," said Dang.

When asked if they would prefer more daylight in the mornings or the evenings, 62 per cent of Albertans said evenings were preferable, while only 30 per cent preferred mornings.



Zaynab Logun, an Athabasca University student, has her own steady stream of customers coming in and out of the salon in her home looking for braids. KEVIN TUONG/METRO

Braiding business booms

BEAUTY

Black hair an underserved demographic



Pushpa Balgobin
For Metro | Edmonton

As a child growing up in Nigeria, Zaynab Logun lived next door to a salon and would watch the customers going in and out all day.

"I was always seeing people come out of the salon with a different style. It always looked so nice," she said.

It sparked an interest in braiding that was encouraged by her grandmother, who taught her the art of neat, tight braids.

Logun is still passionate about great hair — now a student at

Athabasca University, she's one of a growing number of people harnessing social media to build the braiding business in Edmonton.

When Logun arrived in Edmonton in 2013, she soon found that black hair was an underserved beauty demographic. Those who needed their hair done often had to ask friends or family, or track down stylists through word of mouth, she said.

She started by doing a few of her friends hair, but word spread, and soon she was fielding calls from women eager for cornrows, weaves and other types of braids.

"We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more," she said.

So Logun took a different approach — she put an ad on



We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more.

Zaynab Logun

Kijiji and started posting on Instagram.

"I'm trying to reach people outside of Edmonton, like Leduc and St. Albert," she said. "I put up pictures, they know they are coming to my home so they will feel more comfortable it's more welcoming," Logun said.

She's not alone — Kijiji now has over a dozen young entrepreneurs using the service to connect with new customers.

Kate Cunningham spent years trying to find stylists by asking other women who'd done their hair, but recently found someone for her and her daughter

through Kijiji.

"It's more convenient and you're able to find women who can offer services at a better rate. You feel like you are getting your money's worth," she said.

The strategy has paid off for Logun, who now has her own steady stream of customers coming in and out of the salon in her home. She said her side business now pays for her to continue her studies full time.

"Doing what I have passion for is everything to me," Logun said. "For me you can wake me up at 3 a.m. to do hair and I am getting up."

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SPENDING

Budget will push GOP views

President Donald Trump sends Congress a proposed budget this week that will sharply test Republicans' ability to keep long-standing promises to bolster the military, making politically painful cuts to a lengthy list of popular domestic programs.

The Republican president will ask his adopted political party, which runs Capitol Hill, to cut domestic agencies such as the Environmental Protection Agency and the departments of Education and Housing and Urban Development, along with grants to state and local governments and community development projects. The spending plan, set for release Thursday, would make the Pentagon the big winner with a \$54 billion boost to defence spending.

Trump has promised to "do a lot more with less," but his blueprint faces a reality test with Republicans, many of whom are already protesting.

Republicans have groused about some of the preliminary plans, including elimination of the \$3 billion community development block grant program that's popular among local GOP officials, a 25 per cent cut to the EPA and elimination of 3,000 jobs, and essentially scuttling a \$300 million per-year program to clean up the Great Lakes.

Sen. Rob Portman of Ohio is joining with Democrats to push back on that last proposed reduction. Cuts to the Coast Guard are meeting Republican resistance.

THE ASSOCIATED PRESS

Fearful immigrants plan ahead for worst nightmares

EDUCATION

Sessions called 'know your rights' put on across U.S.

Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crack-down on illegal immigration under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.



Yaritza Mendez leads a know-your-rights trainings at Make the Road, an immigrant advocacy organization in New York last week... THE ASSOCIATED PRESS

The idea, organizers said, is to give immigrants guidance on how to legitimately push back against attempts to detain them, mostly using tactics designed to

keep agents from learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an outreach co-ordinator at the pro-

immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and what to do if they come knocking.

Even people in the country illegally have constitutional rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents without speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

Advice dispensed during the session: Make sure any warrants presented have the right name and addresses and are signed by a judge. Do not volunteer information. Do not show any fake documents, since doing so is a crime that could land them in deeper trouble. THE ASSOCIATED PRESS

South Korean leader defiant after ouster

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional

Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it will take time, I believe the truth will certainly come out."

Park will likely face a direct

investigation soon by prosecutors who already consider her a criminal suspect over suspicions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere

with state affairs.

Upon her return home, Park was greeted by hundreds of supporters who chanted her name and waved the South Korean flag as her car rolled onto a path near the house. THE ASSOCIATED PRESS



Park Geun-hye ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How can I get people to slow down their carts at the grocery store?

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,
If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular prat-fall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

There, fill up your

Other than amuse oneself with revenge fantasies, there's not much to be done.

wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart



Ani Castells

driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery

store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**



Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online). Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.



Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.



Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch, minus alcohol," she said. Equipment, software — even things like desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses if they relate to your job, transit passes and anything you gave to charity.



Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay \$1,000 in rent but your roommate pays \$500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

CANADIAN SCREEN AWARDS Great and good of small and big screen hit red carpet ahead of Toronto ceremony

1 Orphan Black went into the show with a leading 14 nominations, including best dramatic series, best direction, and best actress for Tatiana Maslany (second from right). Kevin Hanchard (third from left) won for best supporting actor in a drama.

2 Jillea was nominated for best host in a variety or reality/competition program or series for her work on the iHeart Radio Much Music Video Awards Red Carpet.

3 Mohawk Girls, starring Maika Harper, Jennifer Pudavick, Tracey Deer, Brittany Leborgne and Heather White, was nominated for three awards: best comedy series, best direction and best writing in a comedy.

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The best bar? None. Why I ditched soap seven years ago

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Confusion. Abject horror. Disgust. Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?" "No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy, pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some. Am I secretly



Jackie Hong stopped using soap as an impressionable Grade 11 teenager. TORSTAR NEWS SERVICE

a cesspool of filth, covered in grime and disease that are invisible to the human eye?

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a book on the topic. "Even if you've been at the gym, you don't necessarily need soap ... water is more than enough to clean off."

In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a catch-all for almost any personal cleaning product that makes bubbles, but true soap is made

by combining animal fat with lye, a strong cleaning chemical. Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with



I'm forever telling people to stop cleaning so much.

Dr. Sandy Skotnicki

synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease, including the oils and fats found naturally in skin.

"I like to use the example of a brick wall, so the mortar in

between the bricks is the fat in the outer barrier of our skin," she said. "Soap's going to remove it more, because it's quite harsh, and detergents are going to remove it less ... I'm forever telling people to stop cleaning so much, stop using so many products. I see itchy, dry people all day and I'm always saying, 'Why are you washing if you're not dirty? Stop washing if you're not dirty.'"

Skotnicki calls the association between soap, cleanliness and health a psychological hangover from the days before indoor plumbing, when diseases were rampant and bathing a luxury reserved for the wealthy.

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy,"

she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines, and other public health works, most dangerous pathogenic microorganisms have been eradicated from society.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to prevent the spread of things like colds and flu. In fact, coming into contact with raw sewage now is relatively safe.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should frolic in raw sewage ... but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

Your skin hosts a mini ecosystem of bacteria, viruses and fungi — known as a microbiome — that impact everything from how fast wounds heal, to how skin ages, to how you smell, said Gilbert. "The idea that you can sterilize your skin and remove all those bacteria — it's just not true. It just doesn't work that way," he said.

Even after a shower with vigorous soaping and scrubbing, skin bacteria repopulate in five to 10 minutes.

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

JOHANNA SCHNELLER
WHAT I'M WATCHING

Any two people can fall in love

THE SHOW: Love, Season 2, Episode 5 (Netflix)
THE MOMENT: "I like you"

Sexy, messy Mickey (Gillian Jacobs) and nerdy Gus (series co-creator Paul Rust) aren't really a couple. But they've just spent a perfect, unplanned Sunday. Saturday night, he did mushrooms for the first time. Sunday, they woke up together and had sex. They went to brunch, saw a movie, had sex again.

She walks him to her door. "So what are you up to this week?" he asks. "I want to text you, but I don't want to pester you."

"Stop, we don't have to do this," she says. His face falls. "I'm sorry," he says.

She looks in his eyes. "I'm not going to disappear on you, Gus," she says. "I always want to hear from you. You're not going to annoy me."

"You're not going to annoy me, either," he says. Their look holds. "I like you," she says.

"I like you, too," he whispers.

I haven't entirely warmed to this series but, with this episode, I feel like I finally see what it's up to. It forces you to get over the feeling that Mickey and Gus aren't a logical pair. It stops mattering that they don't make objective sense.

Because what Rust and co-creator Judd Apatow are doing here, I think, is staking a claim that any two people, given some time together, can fall in love. That people who are afraid to open up will feel something for the person who finally gets them to. That familiarity can also breed contentment.



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GUSHUE HOISTS TANKARD AT LAST Brad Gushue of Newfoundland and Labrador calls a shot against Canada's Kevin Koe during the championship match of the Tim Hortons Brier in St. John's N.L., on Sunday night. The hosts won 7-6. It was Gushue's first time winning the national men's curling championship in his 14th appearance at the tournament. He is the first Newfoundlander to hoist the Brier Tankard since Jack MacDuff in 1976. **ANDREW VAUGHAN/THE CANADIAN PRESS**

McEwen rink settles for bronze medal

BRIER

Manitoba tops Northern Ontario in extra ends

Manitoba's Mike McEwen defeated Northern Ontario's Brad Jacobs 7-5 in extra ends to win bronze at the Tim Hortons Brier on Sunday in St. John's, N.L.

McEwen used his final throw to hit the Northern Ontario stone off the button for the win.

"As much as we were hurting pretty bad and weren't playing for the colour of medal we wanted to be playing for, we still gave it our all and it mattered," McEwen said.

Newfoundland and Labrador's Brad Gushue won the gold medal against Canada's Kevin Koe on Sunday night.

McEwen, who lost the semi-final to Koe on Saturday in an extra end, gave up a steal of one



Mike McEwen and his Manitoba rink finished improved on his fourth-place showing from last year. **THE CANADIAN PRESS**

to Jacobs in the fourth end. The Manitoba skip reclaimed the lead with a takeout for two in the fifth.

Jacobs played a tap in the sixth to give up a steal of one as Manitoba moved ahead 4-2. A Northern Ontario hit gave Jacobs a pair in the eighth to tie the game.

McEwen drew for one in the ninth and threw a double takeout

in the 10th with his last stone. Jacobs drew the eight-foot to force an extra end.

The afternoon showdown was a rematch of last year's bronze-medal game. Jacobs defeated McEwen 7-6 in an extra end in Ottawa.

Koe defeated Gushue 9-5 in last year's gold-medal game. Gushue also lost in his other

Brier final appearance, falling to Ontario's Glenn Howard in 2007 in Hamilton.

Koe also won Brier titles in 2010 and 2014 with different teams.

The Brier winner will represent Canada at the April 1-9 Ford world men's curling championship in Edmonton.

The winning team also receives a base payout of \$71,000 in prize money, cresting and funding. A minimum of \$30,000 will also be awarded for additional cresting and promotional appearances and Sport Canada will award funding of \$144,000 over two years.

The Brier silver medallists earn \$45,000 in prize money. McEwen gets \$35,000 and Jacobs receives \$25,000.

A berth in the Dec. 2-10 Olympic Trials in Ottawa will also be awarded if the Brier winner reaches the podium at the world championship. Koe has already locked up a spot at the Trials.

THE CANADIAN PRESS

GOLF

B.C.'s Hadwin earns first PGA Tour win

Canada's Adam Hadwin only wanted a chance for his first PGA Tour win on the final hole Sunday at the Valspar Championship. He could have done without the self-inflicted drama.

Hadwin lost a two-shot lead with one swing on the 16th hole when his tee shot sailed into the water and led to double bogey. The 29-year-old from Abbotsford, B.C., kept his wits and closed with two pars, the final one good enough to finish at 14 under and a one-shot victory over Patrick Cantlay.

"You're never quite sure when you're going to get the job done," Hadwin said. "I just went there today and stuck to what I do best, just hit some quality golf shots and really made the game super easy outside of hole No. 16. I feel a little fortunate after that hole to be sitting here, but I'll certainly take it, and I can't wait for everything that comes with this win."

The victory sends him to the Masters at Augusta National for the first time, even if it means altering a honeymoon trip to Tahiti.

Hadwin is getting married March 24.

THE ASSOCIATED PRESS



Adam Hadwin
GETTY IMAGES

U SPORTS BASKETBALL

Carleton captures 13th national title

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday in Halifax.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points, and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other

1

Carleton lost just one game all season — in the Ontario conference final to Ryerson.

school in history.

In Victoria, Alex Kiss-Rusk had 15 points and 20 rebounds to lead the McGill Martlets past the Laval Rouge et Or 66-55 to win the women's basketball championship. **THE CANADIAN PRESS**

IN BRIEF

Villanova gets top billing in March Madness

Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Syracuse and Illinois State, who got left out altogether, may have been searching for answers.

With the brackets set, the action begins Tuesday.

THE ASSOCIATED PRESS

Marlies edge Moose

Kerby Rychel's second goal of the game broke a tie midway through the third period and the Toronto Marlies went on to beat the Manitoba Moose 5-4 on Sunday in American Hockey League action.

Mike Sislo, Brett Findlay and William Wrenn also scored for the Marlies (31-25-5).

Ryan Olsen, Brandon Tanev, Patrice Cormier and Nelson Nogier found the back of the net for the Moose (23-31-8).

THE CANADIAN PRESS

MAKE IT TONIGHT

Healthy Funky Monkey Smoothie



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Not just a drink, a smoothie can deliver vitamins and minerals your diet needs, especially if you had good-for-you-additions like omega-3-rich flax and protein-infused Greek yogurt.

Ready in 5 minutes
Prep time: 5 minutes
Serves 2

Ingredients

- 2 frozen bananas, peeled and chopped
- 2 cups milk or soy milk
- 2 Tbsp natural almond or peanut butter
- 1 Tbsp maple syrup
- 1 Tbsp flax meal
- ½ cup Greek yogurt

Directions

Toss it all in your blender. Give it a whiz and you're done

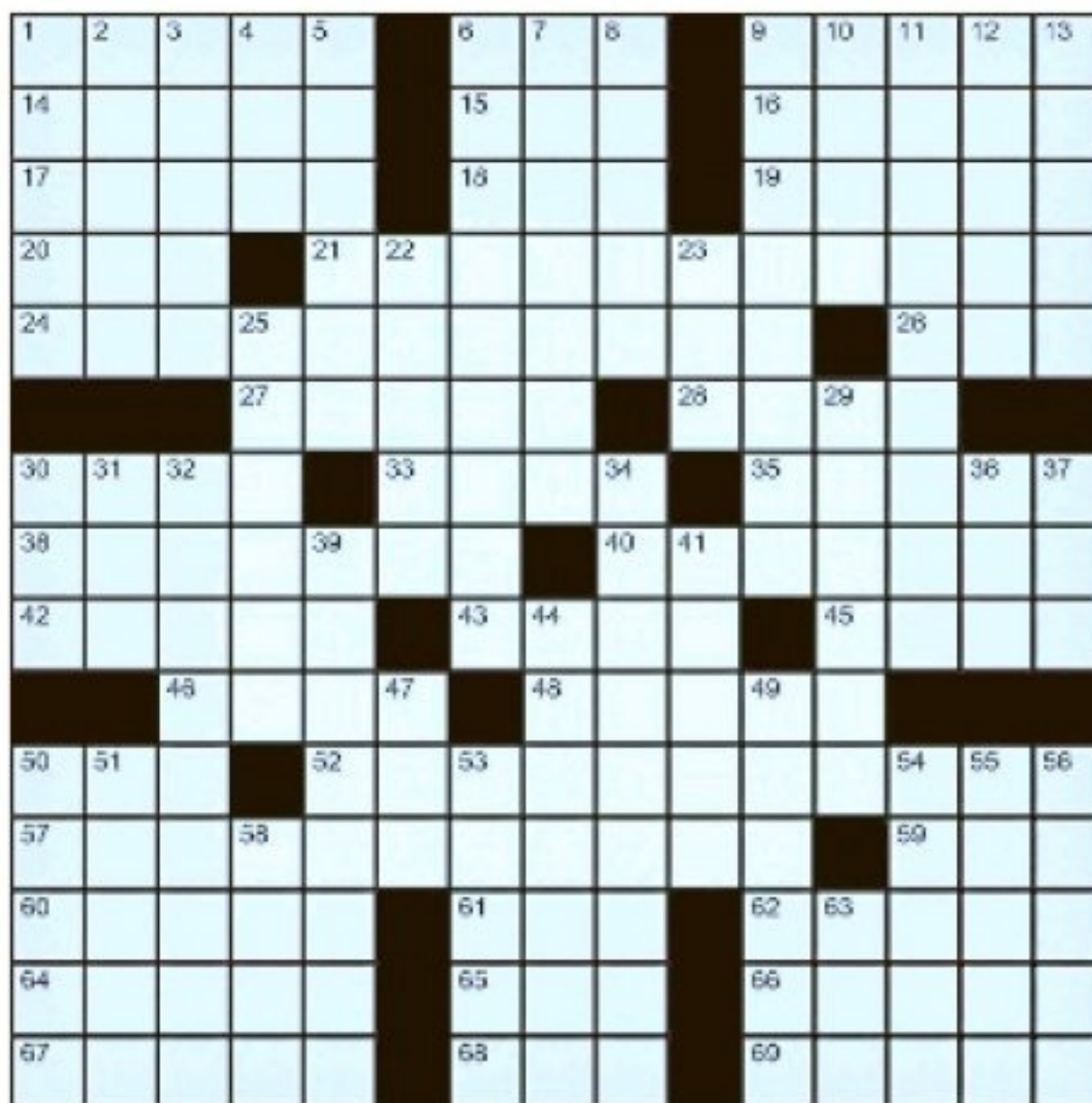
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Adrenal, for one
- Food additive
- Internet letter
- Sizable
- ___ disadvantage
- ___ good example
- Harry Potter: Owl for The Weasley Family
- Dernier ___ (Latest fashion)
- Engage the object, cat-style: 2 wds.
- 'Tiny' thoroughfare
- New Brunswick village sharing the name of its river
- Marriage arrangers
- Our national thoroughfare [acronym]
- Kitchen gadget
- Daintily drinks
- 'Within'-meaning prefix
- Itemize
- "Lovegirl" by ___ Marie
- Kennedy Compound location in Massachusetts, ___ Port
- Carroll of "All in the Family"
- Whale type
- Bloody prefix
- Gladiator's 402
- "Just the facts, ___"
- Hawaiian-style veranda
- Pro bono TV spot [acronym]
- Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.



- Prepared for the seance: 2 wds.
- Faux ___
- American author, Horatio ___ Jr. (b.1832 - d.1899)
- Plastic ___ Band
- Conjure up
- Vampire's 'vish', "___ to suck your blood!"

- Actor Mr. Avery
- Michelin products
- So much, in music
- Alphabetical, e.g.
- Pre-plant packet's particles

DOWN

- Shine
- Metamorphosis-izer
- Chicoutimi stop sign word
- Stop-___
- 'Oracle' city in Greece
- Governor of the

- expansive at #52-Across before it was transferred to Canada for \$1.5 million, William ___ (b.1815 - d.1870)
- Lightning landings
- Offenbach ballet, ___ Parisienne
- Hockey broth-

- ers Phil or Tony
- Honey drink
- Clueless/frazzled: 3 wds.
- Violinist Mr. Stern
- Gate fastener
- Singer Ms. Sande
- Debit opps.
- Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
- ___ sharpener
- Erica ___ (MuchMusic's first female VJ)
- Blue/orange jerseys NHL team [acronym]
- "Rows of Houses" Canadian singer/songwriter: 2 wds.
- Comedian/actor in "True Lies" (1994): 2 wds.
- "___ insist!"
- "Entourage" superagent
- Having a more close location: 2 wds.
- There's more following abbr.
- Tap dancer/actress Ms. Powell
- Rubber boots coating
- Strong points
- SVP's 'P'
- Region's forest trees
- Snapshot, shortly
- Previously, once
- Microwaved
- Adorn
- ___ State (University in CSNY's "Ohio")
- Compete

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

Pisces Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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